

Pre & Post Competitive Anxiety about sports of contact

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INTRODUCTION

Sports of contact are sports of competition in wich two rivals face is other in a battle. In this sports, where the physic integrity is on risk the concentration is very important as the anxiety control. The anxiety is a subjetive feeling of aprehesion or threaten seen sometimes joint of an increase of the physiology activation (Anshel et al., 1991). From a multidimensional aproximation of the anxiety can be difiered betwen A.Cognitive (mental component which is refered to negative expectations, fear to fail and negative selfexamination), A.Somatic (Physiologyc component directly related to the activation level) and Selfconfidence (believe wich somebody has about getting that they really want to do)(Martens, Burton, Vealey, Bumps & Smith, 1990). The precompetitive anxiety is a variable that can go in directly in the rendence and the perception that sports people have about their mood also goes in the rendence (Lazarus, 2000; Ruiz y Hanin, 2004; Skinner y Brewer, 2002). The age can be an important variable at the moment of knowing the anxiety levels, in a realesed study with judokas some significative diferences where found in A.Somatic and A.Cognitive (Montero, C., et al., 2012). By the other hand studies have been found in which there were gendre diferences in the selfconfidence component anxiety but no one of these studies were about sports of contact so that the study of this variable whos considered important. In relation to how the number of practicians relatives or friends of sports of contact can go into the anxiety levels nothing in literature was found but it’s has been considered an important variable at this study.

AIM & HYPOTHESIS

The aim is to recognise the level of anxiety before and after competing.

4 diferent hypothesis are established:

- 1) The precompetitive anxiety will be higher than the postcompetitive anxiety.
- 2) There will be a negative co-relation between the age and the anxiety (as precompetitive as postcompetitive).
- 3) Diferences won’t be found in the anxiety releated to the gendre.
- 4) There will be a negative co-relation between the number of relatives/friends that practice sports of contact and the anxiety of the subjects.

METHODOLOGY

SAMPLE

N(w)=8

N(m)=16

AGE: $\bar{X} = 16.67$ y DT = 3.435

TOOLS & VARIABLES

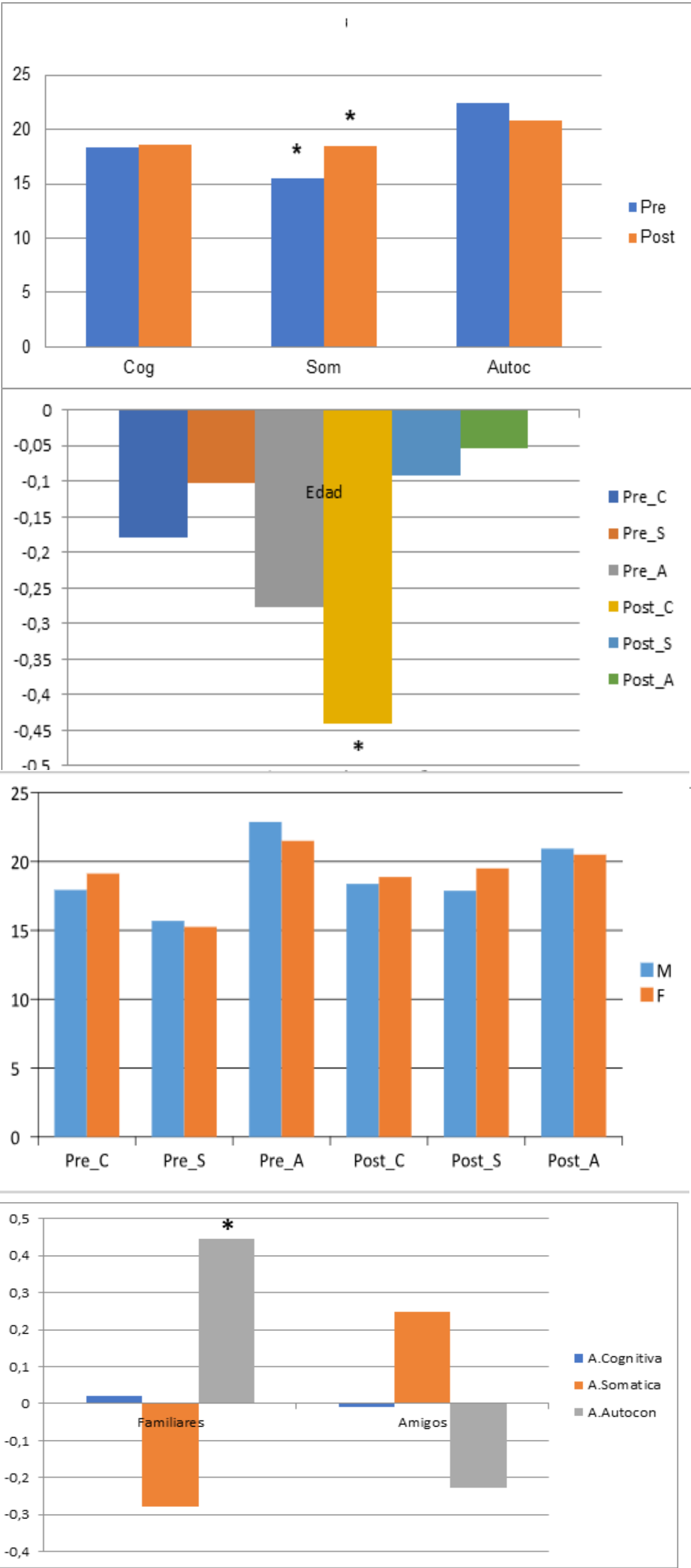
Competitive State Anxiety Inventory 2 (CSAI-2): Cognitive A., Somatic A. & Selfconfidence

Nº of FRIENDS who practise sports of contact

Nº of RELATIVES who practise sports of contact

KEYWORDS: *Precompetitive anxiety, postcompetitive anxiety, Competition, Sports of contact.*

RESULTS



H1: In the somatic component of the anxiety some diferences have been found (pre and post). Being higher the post levels, so that the hypothesis can’t be confirmed.

H2: In the cognitive component of the anxiety has been found a higher level of anxiety in postcompetition. So that the hypothesis work but not in the whole.

H3: Such as is proposed in the hypothesis no one type of diferences in the levels of anxiety in no one of its components in relation to the gendre has been found.

H4: The levels of anxiety an its component of selfconfidence in those subjects whose relatives had to practice also sports of contact have been higher.

CONCLUSIONS

It’s found that the first hypothesis doesn’t accomplish at all because it was only found some diferences in the somatic components of the anxiety, been higher in the postcompetitive; This can be due to the results obtained beyond the end of the competition, because a bad result can increased the levels of anxiety or because a good result put them on the next competitions and this can give them higher levels of anxiety. The second hypothesis accomplishes but not in the whole so that there are only diferenes in the cognitive component of the postcompetitive anxiety, this can be due to the subjects whose minor age are tend to have higher levels of anxiety because of their little experience. In relation third hypothesis it’s can concluded, it accomplishes because no one diferences has been found between gendres, it could be explained establishing that the anxiety in competition is related to diferent factors to the gendre. The last but not the least, the hypothesis 4 accomplishes in partial way because there are only some significative diferences in the selfconfidence of those whose relatives have, do practise. Although comparing the group of practician relatives with the practician friends it is seen that the results of the anxiety components are diferents, this can be due to the pressure that a family or rivalry can have with their friends.

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